

# ALASKA POST

Home of the Arctic Warriors

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## ‘Coach’ Johnson admires team spirit



Col. Ronald M. Johnson, Fort Wainwright garrison commander reviews the lineup as guest coach of the Gold Nanooks team during this year’s University of Alaska Fairbanks Nanooks Blue and Gold Game Exhibition, Sept. 29, at the UAF Patty Center. Though his team didn’t come out victorious, Johnson said it was an awesome experience to be a part of the team. “Besides being world class athletes and Division I Hockey players, the young athletes are amazing young men. They have many of the same qualities we see in our Soldiers...they are professional, motivated, team players, leaders and quality citizens.” Johnson said, “Coach (Dallas) Ferguson does an excellent job of developing his staff and focusing them not just on winning, but on creating a quality program that produces quality young men...successful not just on the ice, but in life.” (Photo by Brian Schlumbohm/Fort Wainwright PAO)

## Army leaders call for solutions to quality-of-life issues

Allen Shaw,  
Fort Wainwright PAO

The first of several meetings concerning the health and welfare of Soldiers and Family members was held Wednesday at the Last Frontier Community Activity Center on post. The 2012 Army Family Action Plan non-governing council, made up of Department of Defense Army Civilian Corps members and command leaders set conference timelines and assigned tasks.

The Army Family Action Plan is a mechanism in which the Fort Wainwright community can recommend quality-of-life changes that directly affect Soldiers and Family members.

Most of the AFAP issues are worked on at local levels to improve the community. Those items beyond the local level are forwarded to Headquarters, Department of the Army where delegates from across the Army determine what issues are to be addressed at the National AFAP conference. The selected issues are then presented to a board of key DoD and Army staff general officers and executive service representatives. A final determination is made as progress is reviewed and either resolved

See **QUALITY-OF-LIFE** on page 3

## Operation Rising Star 2012 shines bright on Fort Wainwright

Staff Report,  
Fort Wainwright PAO

Some people wait a lifetime for a moment like this and Army Family member

Calvin Snead, former Soldier, Army reservist, alumni of the 2010 Army Soldier Show and husband of Staff Sgt. KaMesha Snead, Dental-Activity Alaska has an

opportunity to take his talent to the next level.

In front of a packed house at the Nugget Lanes Saturday, Snead was named Fort Wainwright 2012 Operation

Rising Star and is now in the running for the grand prize. “My Father was a Baptist Pastor and I grew up singing in the church since I was seven or eight years-old,” Snead said. He can remember singing all his life and performing for different productions, including show choir in high school. His soulful renditions and stage presence won over the judges and spectators.

The program hosted by the Directorate of Family and Morale, Welfare and Recreation is open to all branches of the U.S. military, including Family members 18 and older. The competition is similar to popular television shows like “American Idol” and is televised on The Pentagon Channel.

Megan Brown, DFM-WR, marketing coordinator, events and promotions said, “Operation Rising Star 2012 was an over-the-top success. The crowd and contestants

See **STAR** on page 2



Calvin Snead, husband of Staff Sgt. KaMesha Snead, Dental Activity-Alaska was chosen the Fort Wainwright winner of Operation Rising Star 2012 during the competition at the Nugget Lanes lounge on post. Snead will now represent Fort Wainwright in the military-wide singing competition. (Photo by Megan Brown/FMWR)

### WEEKEND WEATHER



**Friday**  
Mostly cloudy  
Highs: Lower 50s  
Lows around 40  
Light winds



**Saturday**  
Cloudy  
Chance of rain  
Highs around 50  
Lows around 40



**Sunday**  
Mostly cloudy  
Highs around 50  
Lows around 40  
Night time chance of rain

### BRIEFS

#### Ice Dogs hockey tickets

Fairbanks Ice Dogs hockey team home games begin this weekend. Armed Services YMCA has military discount tickets available on post, Building 1047-4 Nysteen Road. The puck drops at 8:15 p.m. Friday, 7:30 p.m. Saturday and 5 p.m. Sunday at the Big Dipper ice arena. Questions? Call 353-5962.

#### Celebrate Hispanic Heritage Month

Celebrate Hispanic Heritage Month U.S. Army Alaska Equal Opportunity Office organized the annual observance set for 1:30 p.m. Wednesday, in the Physical Fitness Center. There will be food samples and Retired Command Sgt. Maj. James Fraijo will be the guest speaker. Questions? Call 353-9234.

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# Arctic Light Infantry Training



Soldiers from HHC, 3rd Battalion, 21st Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, make their way up one of the steeper slopes utilizing a fixed rope during the company’s 15-mile foot march and mountain warfare training exercise at Granite Tors, Alaska Oct. 14, 2010. (File photo by Sgt. Michael Blalack/1-25th SBCT PAO)



SGT Tailor L. Myrick, C Co, 307th Expeditionary Signal Battalion, constructs a snow cave improvised shelter in preparation for bivouac operations as part of Arctic Light Individual Training. ALIT training is an annual requirement for all Soldiers assigned to United States Army Alaska (USARAK). (Photo courtesy Command Sgt. Maj. Carlos M. Medina)

**Maj. Gen. Michael X. Garrett,**  
U.S. Army Alaska commanding general

Since its inception, our Army has faced the dire consequences of fighting in the bitter cold. In 1777, Washington’s revolutionaries stumbled into Valley Forge. Many were barefoot and trailing blood behind them. The ill-equipped Soldiers settled in for a devastating winter through which 2,500 of those 12,000 continental Soldiers died. Nearly two centuries later, ill-equipped Soldiers of the 101st Airborne Division fought through the cold of the infamous Battle of the Bulge in Bastogne. The Screaming Eagles suffered through frostbite, hunger and combat. Our Army has learned through harsh experience that the cold is ruthlessly unforgiving to those who aren’t prepared to withstand it. Troops trained to fight in sub-zero temperatures will be equally effective in more temperate environments. Soldiers who are only capable of fighting in warmer conditions won’t have the training to survive, much less fight and win, while enduring the bitter cold. Many duty stations in the Army are known for being the home of a unique branch, unit or skill. The Maneuver Center is at Fort Benning, Fort Bragg is the home of the XVIII Airborne Corps and Fort Rucker is synonymous with aviation. Just as all those places have their notoriety, we here in Alaska are recognized as the U.S. Army’s premier cold weather warfighters. We are the military’s experts on moving through the snow, surviving the cold, treating and preventing cold weather injuries and fighting the enemy in below zero temperatures. No one else in the U.S. military does what we do. That’s what makes us Arctic Tough. Winter is coming and we must take full advantage of the harsh arctic, sub-arctic and mountainous environments that Mother Nature and this magnificent state afford us. We will follow the mantra of the Northern Warfare Training Center. Over the next six months we will take every opportunity to get out there to battle cold and conquer mountains. Arctic skills must be emphasized on every training schedule. Arctic skill training is designed to ready our Soldiers psychologically and physically to operate both safely and effectively in

some of the most inherently perilous climates on the planet. Arctic Light Infantry Training, or ALIT, is an annual requirement for every Soldier in this command and the tenant organizations that support us. This instruction is designed to prepare our formations to safely train in an arctic environment. Every Soldier newly assigned to Alaska, regardless of rank, must complete ALIT level 1 before participating in any field training exercise and ALIT level 2 before participating in a field training exercise during the winter months. Everyone else will complete ALIT at least annually. I encourage each of you to make the most of your unit’s ALIT training. Be involved. Know your equipment and know what to do when training in the cold. Learn how to prevent the cold weather from injuring yourself or your Soldiers. Especially know the proper steps to take when someone does get frostbitten. When you notice your buddy’s face getting gray or waxy is no time to reach for a manual. Hesitation could be the difference between a quick recovery and disaster. Prevention is the best treatment. We have the equipment, training and resources to keep our Soldiers safe. What we need are involved leaders and subject matter experts who will take the time to conduct training correctly and make sure everyone in their formation is Arctic Tough. I care about each of you. I love this Army and our Soldiers. I’ve been around our formations my entire life. For me, nothing is more heartbreaking than unnecessary accidents, suffering and casualties. If we each do the right thing, plan properly and look out for our buddy, we can prevent cold weather injuries from afflicting our ranks. I am extremely proud of each of you and the great work you are doing. Being a Soldier isn’t easy and I respect the courage and strength it took every one of you to volunteer to serve our nation. I promise to give you my very best each and every day. I expect nothing less from each of you. As amazing as this command is, together we can make U.S. Army Alaska even better. That is something I am excited to watch as we serve and grow together. Arctic Warriors! Arctic Tough!

## Medical Department Activity - Alaska Breast Cancer Awareness Month

**Col. Dennis LeMaster**  
MEDDAC-AK commander

This month is National Breast Cancer Awareness Month. Breast Cancer is a common cancer that affects thousands of women each year. This is an important issue for the entire U.S. Army Alaska Family. Medical Department Activity-Alaska and Tricare are both committed to early detection and treatment. It is imperative to the wellness of our community and your family for you to not put

off your self-exam or your mammogram. If you have any questions, or need a referral, do not hesitate to call your provider. According to the American Cancer Society, each year in the U.S. more than 230,000 women are diagnosed with breast cancer. When diagnosed early, the five-year survival rate of patients diagnosed with Stage I breast cancer is 95 percent to 98 percent. Regular screening by mammogram can lead to early detection of breast cancer and improve survival, according

to the National Cancer Institute. Tricare beneficiaries are entitled to an annual mammogram beginning at age 40 and at a doctor’s discretion for women younger than 40 who are at high risk for breast cancer due to factors such as family history. In March 2007, Tricare added breast magnetic resonance imaging (MRIs) to the battery of cancer screening it covers. Tricare Prime beneficiaries age 30 or older and Tricare Standard beneficiaries age 35 or older,

can have breast MRIs as an annual screening procedure if, according to American Cancer Society guidelines, they are considered at high risk for developing breast cancer. After taking every preventive measure against breast cancer, one in eight women will still here the words, “You have breast cancer.” This diagnosis can be very shocking and scary, but thanks to improvements in treatment, millions of women are cancer survivors. Following a diagnosis,

the doctor will likely give several choices for treatment. Tricare covers mastectomy, radiation therapy and chemotherapy. It is important to discuss options in detail with your doctor. While breast cancer is found predominantly in women, men can also develop the disease. Each year, about 2,000 men in the U.S. learn they have breast cancer. Tricare offers similar treatment options for men. Tricare beneficiaries can find information about breast cancer ex-



**Col. Dennis LeMaster**  
MEDDAC-AK commander

ams and screenings at [www.tricare.mil](http://www.tricare.mil). For more information about breast cancer, visit the NCI at [www.cancer.gov/cancer-topics/types/breast](http://www.cancer.gov/cancer-topics/types/breast). For more information about scheduling a breast cancer exam, call 361-4000 to set up an appointment.

## Star: Over-the-top success

Continued from page 1

had a great time and we were so pleased to have Allen Shaw again this year as our witty, spirited announcer. His ability to keep the crowd engaged was entertaining and beneficial, and we are fortunate that he is part of this great event.” The Nugget Lane Bowling Center was transformed into a professional stage setting with state-of-the-art sound and lighting. “The performance venue was created by Jonathon Huff of Alaska Universal Productions, who recently won a national award for the complimentary above-and-beyond services they provide the community,” said Rhonda Havens Nugget Lanes operation clerk, “We are lucky to have AUP. They are a class act.” The overall grand prize winner receives \$1000 spending money, an all-expenses-paid trip for two to Los Angeles to record a three-song demo compact disc. In addition the winner gets three

days and nights of studio time which includes top-rated musicians, recording technicians, a vocal coach and a CD producer. “All we have to do now is wait,” said Snead, “and see if we make it into the top 12 Army-wide.” There was also a Spirit Award given to the Family Readiness Group of 1st Battalion, 52nd Aviation Regiment, 16th Combat Aviation Brigade for supporting their Rising Star competitor with the loudest cheers. They received a check for \$100. Staff Sgt. Snead, who is also an entertainer with a passion for Broadway said, “I am extremely proud of my husband and the fact that he had an opportunity to share his talent with others. I always get to hear him sing at home, but now that he is one step closer to realizing his dream, we couldn’t be happier.” The Snead Family is all about sharing their gift and inspiring others to do the same. “We just love to perform for other Soldiers and Family members,” she said.

# ALASKA POST

## Home of the Arctic Warriors

EDITORIAL STAFF

**Fort Wainwright Garrison Commander**  
*Col. Ronald M. Johnson*

**U.S. Army Garrison Fort Wainwright PAO**  
*Linda Douglass*

**Command Information Chief**  
*Connie Storch*

**Editor**  
*Brian Schlumbohm*

**Staff writers**  
*Trish Muntean*  
*Allen Shaw*

**Contributors**  
*Sgt. Thomas Duval, 1-25th SBCT PAO*  
*Julie Esdale, DPW Environmental*

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The ALASKA POST – Home of the Arctic Warriors

# Commander’s Columbus Day Safety Message

**Col. Ronald M. Johnson,**  
Garrison commander

This year, we celebrate Columbus Day on October 8. Many of you will take advantage of the long weekend by spending time with friends and family at home, visiting and taking trips in- or out-of-state. As we go into the long weekend remember the hours of daylight are getting shorter, and trips should be

planned to minimize travel in darkness. Drivers, whether riding on two or four wheels, should get plenty of rest prior to travel, and plan adequate rest stops during their trips. Reduce the chance of getting into an accident by driving defensively, do not talk or text on your cell phone while behind the wheel, and do not drive under the influence.

This is a good time to ensure your vehicle is properly win-

terized, do your maintenance checks, ensure fluids are rated to 50-below, your tires have good tread on them, and make sure the heater/defroster is working properly. Dust off the winter kits you have had put away for the summer, update/add new gear and have it ready to go when you need it.

With the end of our warm season a lot of us are scrambling to finish the last minute projects we have put off all

year so that we could enjoy the beautiful Alaska Summer. I ask that you take a few minutes before you climb on that roof to clean leaves off or finish that shed you have been building for your all-terrain vehicle, and practice a little bit of risk management. We all do this, day in and day out; we just do not realize it as it is second nature to us. Ensure your ladder is properly secured before climbing, your tools are

in good working order and last but not least as yourself ask yourself “Is this going to hurt or am I going to damage something doing it this way” by taking those few seconds to ask yourself that and check your set up, you have practiced risk management.

Whatever your plans, I ask that you keep safety in the forefront of your actions, be alert while driving and have a great long weekend!

# Quality-of-life: Share issues, solutions online

Continued from page 1

or designated unattainable. The AFAP is an Army-wide initiative designed to help the Army identify and address issues that are important to maintain a good standard of living for Soldiers and Family members.

Charles Lyons, Army Community Service, Army Family volunteer programs manager said, “The way ahead is to focus on efficiencies and how we can improve our installation and services.

We will solicit community feedback to address the pertinent issues.”

The next AFAP conference is set for Nov. 13 through 15. Soldiers, Family members, DoD retirees and civilians are encouraged to submit issues and solutions online by choosing the Family Programs and Services tab and click on the Army Family Action Plan Issue Management System link at [www.my-armyonesource.com](http://www.my-armyonesource.com).

For more information on AFAP, call Lyons at 353-2382.



Members of the 2011 Army Family Action Program discuss a variety of topics to solve problems and improve quality of life for Soldiers and Family members. Representatives provide feedback to leadership who hope to address issues at the local level or push them up the chain for solutions. The non-governing planning group met Wednesday to establish a schedule. (File photo)

# National Fire Prevention Week

**Darren Amos,**  
Fire prevention office

National Fire Prevention Week will be observed Oct. 7 through 13 on Fort Wainwright. Garrison urges all Soldiers, Families, civilians and contractors to be conscious of fire safety and take the time to be aware of what to do in an emergency.

In 1920, President Woodrow Wilson issued the first National Fire Prevention Day proclamation. Fire Prevention Week has been observed on the Sunday through Saturday period in which October 9th falls. According to the National Archives, Fire Prevention Week is the longest-running public health and safety observance on record. The President of the United States has signed a proclamation proclaiming

a national observance during that week every year since 1922.

It is a also a way of paying tribute to firefighters, volunteers and first responders who put themselves in harm’s way to protect our lives, homes, and communities every day.

This year’s theme is “Have 2 Ways Out, ” having a plan to keep you and others safe from fire at home, work or in the great outdoors.

Starting Tuesday and lasting until Oct. 12, fire inspectors will be at the Exchange food court daily from 11 a.m. to 2 p.m. with brochures, plastic fire hats and more. A static fire engine display will be in the PX parking lot with a crew of firefighters who will answer questions about fire safety and explain

how fire engines work.

Sparky the Fire Dog will be there at noon and Project Safeguard signup sheets will also be available throughout the week.

Fire Station #2 and #3 Open House will be Oct. 7, starting at noon until 3 p.m. where firefighters will provide tours of the facilities and answer questions.

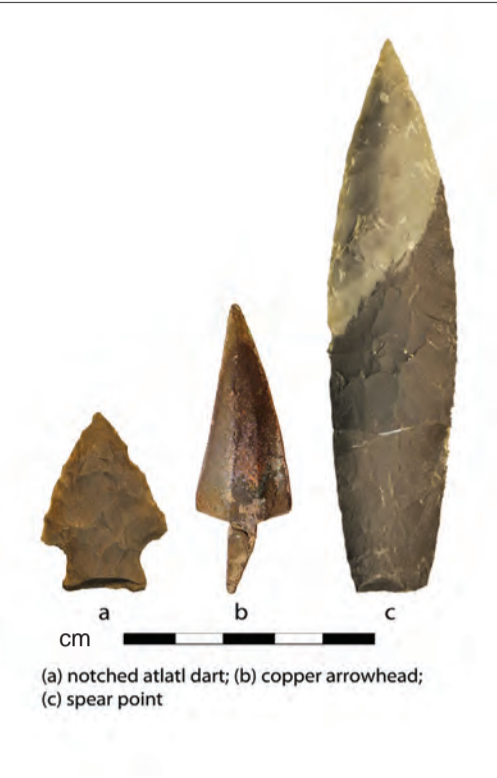
For more information call 353-9164.



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# Archaeology on Fort Wainwright



These artifacts are all from sites on Fort Wainwright. They are the tips to different kind of projectile points. The notched point (a) belongs to an atlatl dart, used approximately 5,000 years ago. The copper point (b) is an arrow tip, used approximately 300 years ago. The large stone point (c) would have fit on the end of a long spear and was used approximately 10,000 years ago. (Courtesy illustration/Fort Wainwright DPW)

**Julie Esdale**, DPW Environmental Division archaeologist  
US Army Garrison Fort Wainwright, Alaska

The land that US Army Garrison Fort Wainwright manages in Alaska has a long history. People have been living here since the end of the glacial period, approximately 13,000 years ago. Over 600 prehistoric archaeology sites are known from their discovery on Army lands between Fairbanks and Delta Junction. Non-glaciated areas like those in Interior Alaska stretched from the Canadian border to Siberia and provided a corridor for small bands of nomadic people to travel between the continents. The earliest sites on Army lands are found on ancient dunes and river terraces in the Tanana Flats Training Area. At 12,000 years ago, people hunted large mammals such as bison and mammoths with heavy spear points. Archaeology sites contain remains of meals at hunting camps and debris from creating and sharpening stone tools.

Boreal forest vegetation moved into Interior Alaska by about 8,000 years ago. Sites dating to this time period are found in the Donnelly Training Area near Delta Junction. Prehistoric hunters used throwing spears, known as atlatls (pronounced at-lat-tils) tipped with notched-stone darts to kill their prey. At the Banjo Lake site in the

DTA, charcoal from ancient campfires was radiocarbon-dated to find out when people were living at the site. Radiocarbon dating measures the ratio of carbon molecules in a sample and can estimate within several decades when wood or bone was burned in a fire. Using this method, the Banjo Lake site was found to be 6,500 years old! The campers at this site prepared game, cooked meals, and repaired and replaced their stone tools. To make tools, they found chunks of chert in river gravels, located nice pieces of local basalt and rhyolite and traded or travelled far distances for highly coveted stone such as a volcanic glass known to geologists as obsidian. A scientific technique called x-ray fluorescence analysis can be used to detect the chemistry of individual rocks, and each lava flow that produced obsidian has its own chemical signature. This allows archaeologists to trace obsidian back to the area from which it originated. Obsidian artifacts found at the Banjo Lake site at DTA were made from cobbles that travelled with prehistoric hunters nearly 300 miles southeast from the Batza Tena volcano and 175 miles northwest from Wrangell Mountain.

Interior Alaska can be traced back almost 2,000 years. Artifacts associated with the ancient Athabaskan culture are exceptionally diverse and include bone and antler projectile points, fishhooks, beads, buttons, birch bark trays and bone

gaming pieces. In the Upper Tanana region, copper was available and used in addition to traditional material types to manufacture tools such as knives, projectile points, awls, ornaments and axes. Bow-and-arrow technology likely moved into central Alaska approximately 1,200 years ago. Wood arrow shafts were commonly tipped with bone, antler, stone or copper arrowheads. A 300-year-old-copper projectile point was found at a late prehistoric site in the DTA. The point was hammered into shape from a natural copper source in the Copper River Valley 150 miles southeast of Fort Wainwright.

When you are out hunting, hiking or training on Fort Wainwright and its training lands, look around and imagine how people might have been walking on the same landforms hundreds or thousands of years before you. These areas are rich in history, and we should all tread lightly on the landscape to preserve traces of past cultures. If you encounter a stone tool or archaeology site in your travels, please leave artifacts in place. Valuable information can be lost forever if a site is disturbed, even if only a single artifact is moved. You can contribute to the growing database of archaeological knowledge if you can mark the point on your map or take a location with your GPS and call the Directorate of Public Works, Environmental Division Cultural Resource manager at 361-3002.

# Civilian employees recognized

**Trish Muntean**,  
Fort Wainwright PAO

“It’s one of my favorite things that I do, as the commander here at Fort Wainwright,” said Col. Ronald M. Johnson, garrison commander.

He was talking about the civilian employee recognition program ceremony, an opportunity for him to recognize Fort Wainwright’s outstanding people and teams for customer service and efforts that go above and beyond, he said.

Several Fort Wainwright employees were recognized during the garrison awards ceremony Sept. 21, including Mark Renner, the explosives handler supervisor and Richard Cerelli, the packing inspector leader for the Directorate of Logistics, specializing in transportation and personal property.

Renner, who was named the supervisor of the quarter, has the number-one item for turnaround (except for food), but still maintains 100 percent accountability, said his supervisor, Lincoln Hawkes. In addition, he manages a staff of eight, rated a highly satisfactory on his June 2012 inspection and maintains a perfect safety record, with his staff all being forklift-qualified and

operating year-round.

Renner works as the ammunition accountability officer and credits his coworkers for the success of the mission, saying they have really good processes for accountability.

“Every time a magazine is turned in, a mini inventory is done. That process has let us have phenomenal accuracies of our inventories are which are not done once or twice a year, but quarterly, 100 percent. We are counting bullets all the time. When you’re dealing with millions of bullets, it is pretty tough to be as accurate as we are, but the guys are phenomenal, they make it happen,” he said.

“He is a great individual and for him Soldiers come first,” Hawkes said.

Work is not his whole life. He and his wife, Rochelle have been married 25 years and have three children. Renner does a lot of volunteer work with his church. He says he is just trying to help the community, those who are not as fortunate as he is.

“I get great pleasure from it, it is the right thing to do,” he said.

“I enjoy my job, it is never boring, there are different challenges every day,” said Richard Cerelli, the packing inspector leader for the Directorate of Logistics, who is this

quarter’s employee of the month for Fort Wainwright.

“There is always something new to learn. It is never the same job, no dull routine like some other jobs with different challenges every day,” he said.

Cerelli is responsible for making a move as painless as it can be. He goes to residences and inspects contractors’ work during pickup and delivery of household goods. He checks packing, crating, loading, shipping, unloading, uncrating and unpacking of goods and assisting customers in initiating claims procedures.

Cerelli and his wife Esther have been married 17 years and have three children. He is active in his church and volunteers with Approved Workmen are not Ashamed, or AWANA, and Love Inc., and enjoys spending time shooting with his son, biking, bowling, hiking and fishing for salmon and grayling.

He enjoys and appreciates his coworkers. They are very professional on the jobs, he said. “My for-

mer boss, Dave Vanmeter, set the bar very high and I am trying to live up to that bar.”

Cerelli has been attending leadership classes and being mentored since he took the position said his supervisor, Jeffrie Clarke. In addition to assigned duties, he has assisted with TMP operations during deployments and redeployments.

Clarke said Cerelli also mentors coworkers and they are comfortable seeking advice from him. He is a hard worker and he is there when you need him.

Employee and supervisor of the quarter were not the only awards given.

A new awards category was created this year and was awarded to Katherine Millburg for 2012 Journeyman of the Year, for the work that she does and her support of the people who work for her.

“I am very honored to have been awarded this,” Millburg said. “Of course I want to say thank you for everyone who works for me for this award. And I want to thank my supervisor, because without his writing, I



Katherine Millburg received the U.S. Army Career Path 18 award for 2012 Journeyman of the Year, for the work that she does and her support of the people who work for her. “I am very honored to have been awarded this,” Millburg said. “Of course I want to say thank you for everyone who works for me for this award. And I want to thank my supervisor because without his writing I wouldn’t have got it.” (Photo by Brian Schlumbohm/Fort Wainwright PAO)

wouldn’t have got it.”

In addition, several people received recognition for time in service: Thomas Klumb, Michelle Hunter, William Orth, Steven Huisman, Greg Handy and Robert Rayner who had a total of 40 years of service.

Numerous other people took home awards, ranging from garrison coins, to achievement medals for civilian service and more.

“It’s important to me, it’s something I want to do and we need to do it,” said Johnson about recognizing these employees.

## Alaska Nanooks Blue and Gold Game



Col. Ronald M. Johnson, Fort Wainwright garrison commander watches as the Gold Nanooks team defend their net during this year’s Alaska Nanooks Blue versus Gold exhibition game, Sept. 29, at the University of Alaska Fairbanks’ Patty Center. Johnson was the guest coach for the Gold team while Col. Brian J. Reed, the 1st Stryker Brigade Combat Team, 25th Infantry Division commander was guest coach for the Blue. (Photo by Brian Schlumbohm/Fort Wainwright PAO)

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From seeing red to going pink: That’s what I’m talking about

Allen Shaw, Fort Wainwright PAO

After a tumultuous three weeks of missed calls and intense exchanges between players, coaches and the replacement refs, the real National Football League referees are back.

It’s a great sport and as fans we have fun with it. Football can be a rough game, some even call it a battle on the gridiron, but this month the NFL, the clubs and the players have teamed up to support the fight against breast cancer. The campaign, “A Crucial Catch,” partners football with the American Cancer Society to focus attention on the importance of annual screening, especially for women 40 and older. Throughout October NFL games will feature players, coaches and officials wearing pink. The apparel worn at the games, along with special game balls and pink coins will be auctioned at [www.NFL.com/auction](http://www.NFL.com/auction), with the proceeds benefiting the American Cancer Society and other team charities. Giving back, that’s what I’m talking about.

Here’s what happened last week:  
In the game played Sept. 27 the Baltimore Ravens beat the Cleveland



Browns 23 -16. Raven QB Joe Flacco threw for 356 yards and a touchdown.

Matt Bryant kicked a 40-yard field goal with five seconds left as the Atlanta Falcons remain unbeaten, rallying past the Carolina Panthers, 30-28, and the New England Patriots battled back against the Buffalo Bills. Patriot quarterback Tom Brady threw for 340 yards and two touchdowns, while Buffalo QB Ryan Fitzpatrick threw for 350 yards and four scores. The difference: Fitz also tossed four interceptions.

Percy Harvin returned the opening kickoff 105 yards for a touchdown as the Minnesota Vikings plundered the Detroit Lions, 20-13.

The Houston Texans roped a couple turnovers for touchdowns as the Tennessee Titans tumbled, 38-14.

The San Diego Chargers zapped the Kansas City Chiefs 37-20, capitalizing on six turnovers, and the San Francisco 49ers pounded the New York Jets, 34-0.

Greg Zuerlien kicked four field goals, including a club-record 60-yarder to help the St. Louis Rams beat the Seattle Seahawks 19-13. Hawk running back Marshawn Lynch led Seattle with 118 yards and a touchdown in their losing effort.

Another kicker was a hero in overtime as Arizona’s Jay Feely knocked a 46-yarder to secure a Cardinal victory over the Miami Dolphins.

Denver quarterback Peyton Manning threw for 338 yards and three touchdowns as the Broncos routed the Oakland Raiders, 37-6.

The Cincinnati Bengals won the catfight between the Jacksonville Jaguars, 27-10, and the Green Bay Packers edged the New Orleans Saints, 28-27.

Washington Redskin kicker Bill Cundiff was redeemed after missing three earlier attempts by hammering a 41-yard field goal through the uprights with three seconds remaining on the clock, giving the Skins a 24-22, win over the Tampa Bay Buccaneers.

On the other hand, Lawrence Tynes of the New York Giants missed a 54-yarder with 15-seconds left in the game to give a 19-17 victory to the Philadelphia Eagles.

On Monday the Chicago Bears feasted on five-interceptions thrown by Cowboy quarterback Tony Romo and devoured Dallas, 34-18.

As for the post pigskin prognosticators, the overall race is tightening as some did extremely well and others, not so much. Brain relied on scientific calculations and algorithms, times pie (or cake or maybe it was a glazed donut), winning 13 and losing only two. Tate had 12 wins, three losses; Jones Bros and Bear netted 11 and four, Urbi had 10 and five, Browbrose Salsa went nine and six, and A-Team went from first to worst with eight and seven.

I hate it when a plan doesn’t come together, but it’s just a game and we must focus on the big picture and the things that really matter. Please team up with the NFL, sport your pink shirt, socks or ribbon and help support the fight against breast cancer. Early detection is the key and annual screening is what I’m talking about.

Prognosticators – football predictions for fun and braggin’ rights



A-Team

(37W-26L)

AZ @ STL	AZ
PHI @ PIT	PIT
GB @ IND	GB
CLE @ NYG	NYG
ATL @ WAS	WAS
MIA @ CIN	MIA
BAL @ KC	BAL
SEA @ CAR	CAR
CHI @ JAC	CHI
DEN @ NE	NE
BUF @ SF	SF
TEN @ MIN	TEN
SD @ NO	NO
HOU @ NYJ	HOU



Brain

(40W-23L)

AZ @ STL	AZ
PHI @ PIT	PIT
GB @ IND	GB
CLE @ NYG	NYG
ATL @ WAS	ATL
MIA @ CIN	CIN
BAL @ KC	BAL
SEA @ CAR	SEA
CHI @ JAC	CHI
DEN @ NE	NE
BUF @ SF	SF
TEN @ MIN	MIN
SD @ NO	SD
HOU @ NYJ	HOU



Browbrose Salsa

(34W-29L)

AZ @ STL	AZ
PHI @ PIT	PIT
GB @ IND	GB
CLE @ NYG	NYG
ATL @ WAS	ATL
MIA @ CIN	MIA
BAL @ KC	BAL
SEA @ CAR	CAR
CHI @ JAC	CHI
DEN @ NE	NE
BUF @ SF	SF
TEN @ MIN	MIN
SD @ NO	NO
HOU @ NYJ	HOU



Bear

(35W-28L)

AZ @ STL	AZ
PHI @ PIT	PIT
GB @ IND	GB
CLE @ NYG	NYG
ATL @ WAS	ATL
MIA @ CIN	CIN
BAL @ KC	BAL
SEA @ CAR	CAR
CHI @ JAC	CHI
DEN @ NE	NE
BUF @ SF	SF
TEN @ MIN	MIN
SD @ NO	NO
HOU @ NYJ	HOU



Urbi

(35W-28L)

AZ @ STL	AZ
PHI @ PIT	PHI
GB @ IND	GB
CLE @ NYG	NYG
ATL @ WAS	ATL
MIA @ CIN	CIN
BAL @ KC	BAL
SEA @ CAR	SEA
CHI @ JAC	CHI
DEN @ NE	DEN
BUF @ SF	SF
TEN @ MIN	MIN
SD @ NO	SD
HOU @ NYJ	HOU



Jones Bros

(38W-25L)

AZ @ STL	STL
PHI @ PIT	PIT
GB @ IND	GB
CLE @ NYG	NYG
ATL @ WAS	ATL
MIA @ CIN	CIN
BAL @ KC	BAL
SEA @ CAR	SEA
CHI @ JAC	CHI
DEN @ NE	DEN
BUF @ SF	SF
TEN @ MIN	MIN
SD @ NO	NO
HOU @ NYJ	HOU



Tate

(37W-26L)

AZ @ STL	AZ
PHI @ PIT	PIT
GB @ IND	GB
CLE @ NYG	NYG
ATL @ WAS	ATL
MIA @ CIN	MIA
BAL @ KC	BAL
SEA @ CAR	CAR
CHI @ JAC	CHI
DEN @ NE	NE
BUF @ SF	SF
TEN @ MIN	MIN
SD @ NO	SD
HOU @ NYJ	HOU

New Bobcat commander draws on unit’s rich legacy

Sgt. Thomas Duval,  
1-25th SBCT PAO

The unit’s history spans nearly a century. In January 1966, the infantrymen of the 1st Battalion, 5th Infantry Regiment entered the thick jungles of Vietnam to fight for a piece of ground that would later be used as the 25th Infantry Division’s headquarters in the Cu Chi District, an area known by the Soldiers who fought there as ‘hells half acre’. On the surface of Cu Chi, the 1-5th Soldiers were met with fierce fighting from the Viet Cong and Viet Minh, who used the thick brush and dense jungle canopy to initiate ambushes and other guerilla warfare techniques. Beneath the Soldiers’ feet, under a thick surface, lay 240 square miles of tunnel networks the Viet Cong used to move undetected from one place to another. After 66 days of continuous and intense fighting, the Soldiers of the 1-5th defeated the enemy and seized the base of operations. This wasn’t the end of the war for Soldiers of the 1-5th, but their mission was, for the moment, complete.

It’s these heroic stories combined with the lessons learned throughout the 5th

Infantry Regiment’s 200-year history that Lt. Col. Jason Wesbrock, commander of the 1-5th, 1st Stryker Brigade Combat Team, 25th Infantry Division will use to help define the future of the Bobcats as the unit’s current Soldiers prepare for future missions.

“I knew that I was walking into a phenomenal organization with a great history,” Wesbrock said. “Being selected to be a battalion commander is an awesome and humbling experience and the fact that I get to serve in an organization like the Bobcats, that can trace its history back 200 years and have fought in every major conflict since 1808, is incredible.”

Wesbrock, a native of Apache Junction, Ariz., has shaped his command philosophy around the unit’s previous successes as well as his personal experiences.

Commanders find the things that work well in the unit and continue those things and then add or adjust little things to help fit the mission and the individual’s philosophy, according to Wesbrock.

Since taking command July 11, the father of two has implemented a command philosophy to get the unit where he feels it needs to be.



Lt. Col. Jason Wesbrock took command of one of the Army’s oldest regiments, the 1st Battalion, 5th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, July 11, at Ladd Parade Field. (Courtesy photo)

That philosophy has three priorities: mission, Family and balance.

“I don’t think you can focus on one specific topic as a commander. I think you have to look at the whole picture of what will make the organization great,” Wesbrock said. “My command philosophy is focused on disciplined Soldiers that are well trained, that inculcate safety, and that balance their work life with their Family life.”

Mission

Wesbrock said his unit will be trained and combat ready. “Our readiness level should never be in question,” Wesbrock explained in a memo to his battalion’s leaders.

“To prepare ourselves for our mission, we will focus on training, deployment readiness, leader development, force well-being and safety,” he added.

Wesbrock has challenged his leadership to ensure each Soldier is well rounded both on the field and at home.

Family

Family is one of the most important priorities for Wesbrock – specifically Family welfare and Family readiness. “One of the big challenges our military has had over the last 10 years, is we do really well at resetting our equipment and our units in a year, but what we are seeing is the challenge of resetting Families in that same year timeframe,” Wesbrock said.

To ensure Families get the assistance needed, Wesbrock has stressed the importance of family readiness groups and plans to monitor the morale and success of each FRG closely. Together, Family

readiness and mission readiness play a vital role to ensure balance throughout the unit.

Balance

“We have to make sure we balance all of our training now with making sure we allow Soldiers to reconnect with their families,” Wesbrock said. “The Soldiers will have plenty of time to work long hours while they are in the field and deployed, but in garrison (we need to) ensure they make the time for their family and friends.”

With these three priorities outlined and in place throughout every level of the organization, Wesbrock said he is looking forward to getting back to doing what he loves most; leading Soldiers.

“Being with the Soldiers, leading Soldiers is why I joined the Army,” Wesbrock said.

Motivated by the morale of his Soldiers and backed by more than 20 decades of success, Wesbrock hopes his command philosophy and points of emphasis will help carry the torch for one of the Army’s oldest active regiments for another 200 years.

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FAIRBANKS ICE DOGS/ARCTIC

Friday - 5th

**GULKANA GLACIER HIKE**, 7 a.m. to 7 p.m. Journey sourht to the Alaska Range with Outdoor Recreation. Call 361-2652.

Saturday - 6th

**COAL MINE TRAIL 2 DAY ATV TRIP**, 8 a.m., Outdoor Recreation Center, Building 4050. Cost is \$100. Call 361-6349. ATV Safety Course is required prior to the departure date.

**YOGA FOR ATHLETES**, 9:30 a.m., Physical Fitness Center, Building 3709. Call 353-7223.

**GROUP CYCLING CLASS**, 10 a.m. Physical Fitness Center, Building 3709. Call 353-7223.

**FAMILY ARCHERY**, 1 p.m., Outdoor Recreation Center, Building 4050. Cost is \$3. Call 361-6349.

**CHESS CLUB**, 3 p.m., Last Frontier Community Activ-ity Center, Building 1044. Call 353-7755.

**POOL TOURNAMENT**, 6 p.m., The Warrior Zone, Building 3205. Open to all DoD cardholders 18 and older. 353-1087.

**COSMIC BOWLING**, 8 p.m. to 1 a.m., Nugget Lanes Bowling Center, Building 3702. Call 353-2654.

Sunday - 7th

**NFL VIA SATELLITE**, 9 a.m., The Warrior Zone, Build-ing 3205. Open to DoD cardholders age 18 and older. Call 353-1087.

**GOSPEL SERVICES**, 9:45 a.m. Gospel Sunday school; 11 a.m. Gospel Worship service, Bassett Army Com-munity Hospital, third floor conference room, Building 4076. Call 353-9825.

**PROTESTANT SERVICES**, 10 a.m., Sunday school and 11 a.m., Sunday Protestant worship Northern Lights Chapel, Building 3430. Call 353-9825.

**CATHOLIC SERVICES**, 9:30 a.m. Catholic religious education and 11 a.m. Catholic Mass, Southern Lights Chapel, Building 4107. Call 353-9825.

Monday – 8th

**CORE TRAINING**, 5:30 a.m., Physical Fitness Center, Building 3709. Call 353-7223.

**BODY CONDITIONING**, 9 a.m., Physical Fitness Cen-ter, Building 3709. Call 353-7223.

**ROMP AND STOMP PLAYGROUP: COMMUNITY RESOURCES**, 9:30 to 11:30 a.m., Last Frontier Com-munity Activity Center, Building 1044. Call 353-7372.

**GROUP CYCLING CLASS**, noon, Physical Fitness Center, Building 3709. Call 353-7223.

**ZUMBA FITNESS CLASS**, 6 p.m., Physical Fitness Center, Building 3709. Cost is \$7. Call 353-7294.

Tuesday – 9th

**GROUP CYCLING CLASS**, 6:30 a.m. Physical Fitness Center, Building 3709. Call 353-7223.

**HOOR OF POWER GROUP STRENGTH CLASS**, noon, Physical Fitness Center, Building 3709. Call 353-7223.

**EMOTION COACHING**, noon to 6:30 p.m. to 8:30 p.m., CDC I, Building 4024. Call 353-7413.

**YOGA FOR ATHLETES**, 5 p.m., Physical Fitness Cen-ter, Building 3709. Call 353-7223.

**GROUP CYCLING CLASS**, 5 p.m. Physical Fitness Center, Building 3709. Call 353-7223.

**BOUNCY HUT NIGHT**, 5 to 7:30 p.m., Last Frontier Community Activity Center, Building 1044. Ages 4 to 12. Call 353-7755

Wednesday - 10th

**CORE TRAINING**, 5:30 a.m., Physical Fitness Center, Building 3709. Call 353-7223.

**BODY CONDITIONING**, 9 a.m., Physical Fitness Cen-ter, Building 3709. Call 353-7223.

**NEWCOMERS ORIENTATION**, 9 a.m., Last Frontier Community Activity Center, Building 1044. Call 353-4227.

**RED HEAD-PIN BOWLING**, All day, Nugget Lanes Bowling Center, Building 3702. Call 353-2654.

**GROUP CYCLING CLASS**, noon, Physical Fitness Center, Building 3709. Call 353-7223.

**HISPANIC HERITAGE OBSERVANCE**, 1:30 p.m., Physical Fitness Center, Building 3709, coordinated by U.S. Army Alaska Equal Opportunity Soldiers. Call 353-9234.

**MULTICULTURAL STORY HOUR**, 4:30 p.m., Post Li-brary, Building 3700. Call 353-2642.

**BOOT CAMP**, 5 p.m., Physical Fitness Center, Building 3709. Call 353-7223.

Thursday – 11th

**GROUP CYCLING CLASS**, 6:30 a.m. Physical Fitness Center, Building 3709. Call 353-7223.

**ROMP AND STOMP PLAYGROUP: COMMUNITY RESOURCES**, 9:30 to 11:30 a.m., Last Frontier Com-munity Activity Center, Building 1044. Call 353-7372.

**HOOR OF POWER GROUP STRENGTH CLASS**, noon, Physical Fitness Center, Building 3709. Call 353-7223.

**GROUP CYCLING CLASS**, 4 p.m. Physical Fitness Center, Building 3709. Call 353-7223.

**YOGA FOR BEGINNERS**, 5 p.m., Physical Fitness Center, Building 3709. Call 353-7223.

**ZUMBA FITNESS CLASS**, 6 p.m., Physical Fitness Center, Building 3709. Cost is \$7. Call 353-7294

Friday - 12th

**NEWCOMERS ORIENTATION**, 9 a.m., Last Frontier Community Activity Center, Building 1044. Call 353-4227.

**PARENT’S DAY OUT**, 9 a.m. to 1 p.m., CDC I Build-ing 4024. Parent’s Day Out is October 20 but you must register by October 12.Cost is \$16 per child. Call 353-7413.

**COMBATING THE ROUGH DAY**, noon, Last Frontier Community Activity Center, Building 1044. Call 353-7413.

**SQUIRREL AWARENESS STORY HOUR & CRAFTS**, 4 p.m., Post Library, Building 3700. Call 353-2642.

**COSMIC BOWLING**, 8 p.m. to 1 a.m., Nugget Lanes Bowling Center, Building 3702. Call 353-2654.

Saturday - 13th

**STILES CREEK ATV TRIP**, 8 a.m., Outdoor Recreation Center, Building 4050. Cost is \$75. Call 361-6349. ATV Safety Course is required prior to the departure date.

**YOGA FOR ATHLETES**, 9:30 a.m., Physical Fitness Center, Building 3709. Call 353-7223.

**GROUP CYCLING CLASS**, 10 a.m. Physical Fitness Center, Building 3709. Call 353-7223.

**CHENA HOT SPRINGS LUNCH & SOAK**, 10 a.m., Outdoor Recreation Center, Building 4050. Cost is \$50. Call 361-6349. Must be at least 18 years of age to enter the rock pool.

**FAMILY FUN SHOOT**, noon, Fischer Skeet Range, Building 1172. Call 353-7869.

**CHESS CLUB**, 3 p.m., Last Frontier Community Activ-ity Center, Building 1044. Call 353-7755.

**TEXAS HOLD’EM TOURNAMENT**, 6 p.m., The War-rior Zone, Building 3205. Open to all DoD cardholders 18 and older. 353-1087.

**COSMIC BOWLING**, 8 p.m. to 1 a.m., Nugget Lanes Bowling Center, Building 3702. Call 353-2654.

Sunday - 14th

**NFL VIA SATELLITE**, 9 a.m., The Warrior Zone, Build-ing 3205. Open to DoD cardholders age 18 and older. Call 353-1087.

**GOSPEL SERVICES**, 9:45 a.m. Gospel Sunday school; 11 a.m. Gospel Worship service, Bassett Army Com-munity Hospital, third floor conference room, Building 4076. Call 353-9825.

**PROTESTANT SERVICES**, 10 a.m., Sunday school and 11 a.m., Sunday Protestant worship Northern Lights Chapel, Building 3430. Call 353-9825.

**CATHOLIC SERVICES**, 9:30 a.m. Catholic religious education and 11 a.m. Catholic Mass, Southern Lights Chapel, Building 4107. Call 353-9825.

Chaplain offers Buddhism 101 sessions

**Trish Muntean**, Fort Wainwright PAO

If you have ever been interested in learning what Buddhism is about, the Garrison Chaplain’s Office is offering a class that will allow you to do just that.

“To me, it is really ex-citing, discovering what is there is for all of us,” said Chaplain (Maj.) Dwight Broedel, talking about Buddhism 101, a weekly

class that starts Oct 12 at 11:30 a.m. at the Last Frontier Community Ac-tivity Center.

“The class came about because I am interested in learning more about common human experiences,” Broedel said. “Having already studied Judeo-Christian philosophy for 19 years, I am ready to further expand my studies into other areas. Coincidentally, there are several others here at Fort Wainwright who share my love of learning and are seeking a

broader knowledge-base. The quest for inner peace, tranquility, harmony, and enduring serenity is shared by most humans. I would like to know how Buddhism and the Art of Mindfulness help achieve persistent peace.”

Command Sgt Maj. Wayne H. Jeffries, gar-rison command sergeant major, was raised in a Pen-tecostal Holiness Church and converted to Bud-dhism in the mid-1990s.

He said he chooses to practice Buddhism be-cause, “Of all the reli-

gions I have looked into, the Monks and followers of Buddhism have been the least pretentious and self-involved.”

Just like all other re-ligions, Buddhism has many different variants, and Buddhism as it is practiced in America is a hybrid of many cultures (including those from In-dia, China, Tibet, Japan and Korea).

Jeffries, while he has been a Buddhist for more than 10 years, said he has not had a teacher to bring him to a level that he would be able to say which “denomination” he

is, as there aren’t usually teachers near military in-stallations.

He does however prac-tice Zen Buddhism be-cause it helps keep him centered and at peace, he said.

As part of the class the basics of Buddhism’s beliefs, such as karma, impermanence, selfless-ness, and the Four Noble Truths, which are the structure for why Bud-dhists believe what they do, will be discussed, along with other topics.

This 90-minute class will be facilitated by Bro-edel and will be 12 weeks

long, on Fridays, except for four-day weekends. Each week the class will start with a 30-minute DVD presentation, fol-lowed by 35-minute dis-cussion and lunch. It is ok to miss a few classes along the way, and even to be late if circumstanc-es dictate, but since the chapel is providing lunch it would be help Broedel plan if he had a count of how many people are at-tending. Just because a person misses the first class doesn’t mean he or she can’t attend the re-mainder of them.

For more informa-tion, email the chaplain at *dwight.a.broedel.mil@mail.mil* or call 353-6112.

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YOUTH HOCKEY

Parents are invited to register their 4 to 14-year-old children for the Fairbanks youth hockey program. From beginner to advanced, all skill levels are welcome. More information is available online at *www.fahaonline.com*. Call Anna Culley, 322-7633 for fees and details.

HEALTH FAIR AND PREVENTION

National Association for the Advancement of Colored People, Greater Fairbanks Branch will present a NAACP Project HELP event, Chronic Disease and Prevention, Saturday at the Noel Wein Library Auditorium from 1 to 4 p.m. Snacks and beverages available. For more information contact Health Chair, Tonya Brown at 388-6441.

INFORMATION PLEASE

How do you like to receive news, notifications? What social media sites do you prefer? Share your preferences by filling out the brief, online survey at *www.surveymonkey.com/s/RNPQKTJ*. The results of this survey will help us improve how we communicate with and inform the Fort Wainwright community. For more information, call Customer Management Services, 353-9721.

PUBLIC SAFETY NEWS

Fort Wainwright has a new, free, efficient system for notifying the community of emergencies and public safety information. The system enables subscribers to receive notification texts via their smart phones by sending a text message to “888777” without quotation marks and enter Fort Wainwright’s zip code “99703” to register. Subscriptions are available at *www.nixle.com*. By registering via the Web, users can also elect to receive notifications via email or cell phone. Notices for the installation can be viewed via the website without registration by entering the zip code at *www.nixle.com*.

SKATING SEASON

The Fort Wainwright indoor ice rink is located in the Physical Fitness Center. Open skating sessions take place 5:30 to 7:45 p.m. Fridays and 1:30 to 4 p.m. Saturdays and Sundays. Lunchtime open skate is available Monday and Wednesday from 11:30 a.m. to 1 p.m. Tuesday and Thursdays the lunch hour is reserved for hockey. Questions? Call 353-7223. Rates are posted at *www.ftwainwrightfmwr.com*.

COLUMBUS DAY MEAL

A luncheon in observance of Columbus Day will be served at the dining facility from noon to 1:30 p.m. Monday. The cost is \$4.55 and includes choice of soups, salads and beverage. Look for Old- to New World entrees like pot roast, chicken, fish and eggplant parmesan. Options of lighter fare, the short order line and a double cheeseburger are also available. Desserts include German chocolate cake, coconut cake and Amaretto mousse pie. The Arctic Knights Inn is located in Building 3728 Neely Road.

HEALTH RESOURCES

Arctic Health Link has moved to Building 4077, across the parking lot from the Bassett Army Community Hospital. AHL works to educate and promote healthy behaviors by encouraging beneficiaries to take an active role in maintaining the health and well being of themselves and their family. For more information call 361-4148.

JOB TRAINING

Applications for the 2013 American Red Cross Dental Assistant Training program are due to the Fort Wainwright Red Cross office today. Applicants must be 18 or older, a military spouse or authorized Family member to apply. Applicants should complete at least 20 hours of volunteer time with the American Red Cross or with any organization that uses the automated, Volunteer Management Information System. VMIS training is available at *www.myarmyonesource.com*. Interviews will be scheduled for Oct. 17. Space is limited. Training begins immediately after New Year’s Day. For more information contact the American Red Cross at 1024 Apple Street, 353-7234.

FAMILY FLU CLINICS

The Bassett Army Community Hospital’s Family Walk-In Flu Clinic is open for vaccinations weekdays through Oct. 12 from 7 a.m. to 4 p.m. except for Monday, Columbus Day. For more information call preventive medicine at 361-5182.

EDUCATION PLANS

Parents interested in developing an Individual Education Plan for their child may attend a workshop 9:30 a.m. to 1 p.m. Oct. 13 at Access Alaska, 526 Gaffney Road. Educators and professionals with expertise in education, healthcare, military student transition, attention deficit, mental health, learning disabilities and traumatic brain injury will be available to assist parents. For more information, call the Youth in Transition Program Coordinator at Access Alaska, 479-7940 extension 2103.

COMMAND SURVEY

U.S. Army Alaska Soldiers, Families and civilian employees at Fort Wainwright are encouraged to take the USARAK Command Environment (5 minute) Survey. Input will contribute to the commanding general’s decisions on policy, standards and quality-of-life issues. The survey will be available until Oct. 21 online *www.usarak.army.mil/main/survey-ca.cfm*. The USARAK inspector general’s office is conducting the survey as part of an inspection of the command environment. For more information call 384-3933.

JOB FAIR

Army Career and Alumni Program will host a job fair Oct. 18 from 9 a.m. to 3 p.m. at the Last Frontier Community Activity Center. Educators, business and union representatives and will be available to take resumes and answer questions. Mark your calendars for the Holly Days Bazaar,

HOLLY DAYS

Oct. 19 from 4 to 8 p.m. and Oct. 20 from 10 a.m. to 5 p.m. in the Physical Fitness Center. The Community Spouses Club will host dozens of crafters and artisans. For more information about the bazaar, email *30thhollydaysbazaar@gmail.com*.

EASY PROFILE UPDATES

MilConnect is a website provided by the Defense Manpower Data Center (DMDC) that allows sponsors, spouses, and their children (18 and older) to access information regarding their personal information, health care eligibility, personnel records, and other information from a centralized location. At *https://www.dmdc.osd.mil/milconnect* you can update your address and/or phone number on your DEERS

record by signing into, choosing “My Profile Information” and clicking “Update Address”. Scroll to the bottom and click “Submit” to add or update any of your contact information.

LIBRARY NEWS

English papers don’t write themselves. English and math students needing assistance can make an appointment for tutoring at the Post Library, Building 3700. For more information, call 353-4137.

THRIFT STORE

For children’s clothes, coats, boots, uniforms, sports and recreational equipment, check the Thrift Store. The Thrift Store is located on the corner of Building 1031 at the corner of 102nd and Chestnut in north post housing. For more information call 356-1211.

TWO-MINUTE WARNING

All units and organizations on post are required to develop a fire evacuation plan, including assembly area and occupant accountability procedures. Complete evacuation of structure within two minutes. Evacuation plans should include Soldiers and civilians assembly in a designated area for 100 percent accountability of personnel. Questions? Contact your unit safety officer, Fort Wainwright Safety at 353-7079 or Emergency Services at 353-7889.

DIVORCE BRIEFING

Questions and concerns about divorce are addressed at weekly briefings offered by the Legal Assistance Office Tuesdays at 9 a.m. The divorce briefing is available to military members and spouses and is located in Building 1562 on the corner of Gaffney and Freeman Roads. For more information about legal services or an appointment, call 353-6534.

PREVENT ABUSE AND NEGLECT

Help for abused and neglected children is available locally and through a toll-free hotline. The 24-hour Child help National Child Abuse Hotline at (800) 4A-CHILD and on post, call Army Community Service at 353-7317. If you suspect a child is being hurt or neglected, contact the local police. Tips and resources are available for parents, educators, caregivers and volunteers at *www.myarmyonesource.com*.

MILITARY CHILD, FAMILY THERAPY

Family members of active and retired military can consult the Child and Family Assistance Center for assistance with youth and Family issues. Individual and group therapy is available. Referrals are not required. For more information or an appointment, call 361-6284 or 361-6059.

PRE-RETIREMENT BRIEFING

A monthly summary of retirement benefits for those who are one to two years from retirement, presented by the Army Career and Alumni Program. To schedule Survivor Benefit Plan or SBP counseling and to register for the pre-retirement briefing call 353-2099.

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